



### Coming Events Term 1, 2018

<b>Week 3</b>	
Mon 12 <sup>th</sup> – Thurs 15 <sup>th</sup> Feb	Special Visitors Week
<b>Week 5</b>	
Mon 26 <sup>th</sup> Feb	AGM
<b>Week 6</b>	
Wed 7 <sup>th</sup> March	Young Australia Workshop
Thurs 8 <sup>th</sup> March	Young Australia Workshop
<b>Week 7</b>	
Mon 12 <sup>th</sup> March	Public Holiday
<b>Week 10</b>	
Mon 2 <sup>nd</sup> April	Public Holiday
Tue 3 <sup>rd</sup> April	CAFHS Health Checks
<b>Week 11</b>	
Wed 11 <sup>th</sup> and Thurs 12 <sup>th</sup> April	Last Day Term

### WELCOME

Welcome to new and returning families. We are off to a flying start for 2018. The children are making the most of the changeable weather and exploring the way the kindy environment changes; adapting their activities to suit. For those children starting kindy for the first time a big 'Well Done' on your first week. It's a big change and it's hard! Different children will respond in different ways and regardless of how your child has responded to their transition we would like to reassure all families that it is normal and that they are working through their big feels appropriately for them. The staff have all enjoyed meeting our new families, as well as seeing some familiar faces returning and look forward to getting to know you all better.

### ECHO TEAM AND RELIEVERS

As part of Ardtornish Children's Centre's commitment to ongoing learning and pedagogical improvement our team are participating in a project facilitated by ECHO SA, Reimagining Childhood. We are about to begin the second round of our participation in the project. We currently have a display set up in our foyer that portrays aspects of our learning journey over the first 2 year cycle that we encourage you to view.

Our ECHO team members are Catherine, Mel, Stacey, Danielle and Heather.

On Monday the 19<sup>th</sup> of February our ECHO team will be engaging in a professional learning day. On this day we will have relief staff in the Centre. Sharon and Kellie will be available to the children as normal, ensuring that they still have some familiar educators. We encourage you to discuss this with your child prior to the session so that they are

aware that their primary carer will not be available and that other educators will be here to support their learning and wellbeing.

A brief report on our journey so far and our future directions will be presented at the AGM and I encourage interested families to attend.

### FEES

Fee invoices have now been emailed to your preferred email address. These fees (or first instalments) are due by the end of week 4 (23<sup>rd</sup> February). Please see Heather if you have any questions or concerns regarding payment of your child's fees.

### SPECIAL VISITORS WEEK

Week 3 is Special Visitors Week (12<sup>th</sup> Feb – 15<sup>th</sup> Feb). All grandparents, aunts, uncles and special friends are welcome to visit our centre and stay and play. You are welcome any day or time during this week **but** please avoid our lunch times 12pm – 1pm.

**Families need to advise us who will be visiting their child and special visitors will need ID to show upon sign-in. Please let us know either via email or at reception who your child's special visitors will be, thank you.**

Special Visitors will need to **sign in at reception upon arrival and provide ID**. Thank you and we look forward to meeting you.

### AGM

We invite all families to attend our Annual General Meeting on Monday 26<sup>th</sup> Feb at 7:30pm. At the AGM families will have a chance to hear our Director talk about Numeracy and present the 2017 Annual Report, take part in election of our Governing Council for 2018 and approve our budget. Please register your attendance (this will help with catering for supper).

### CAFHS HEALTH CHECKS

CAFHS will be visiting the Ardtornish Children's Centre on **Tuesday 3<sup>rd</sup> of April** to undertake 4 year old Health Checks.

If your child is over 4 and hasn't yet had their health check you are welcome to book an appointment with us.

Appointments can be booked by phoning or seeing Jo at reception. Paperwork will then need to be collected and filled in prior to the appointment.



Ardtornish  
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Development and Parenting

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## YOUNG AUSTRALIA WORKSHOP

On Wednesday 7<sup>th</sup> and Thursday 8<sup>th</sup> March Young Australia Workshop will be visiting our kindy to perform:

Wednesday – Finding Frank  
Thursday – Valanga's Africa

These performances take place during the kindy session and there is no cost to families.

## SCHOLASTIC BOOK CLUB

New **Scholastic Book Club** catalogues are available in the kindy (near the sign out sheet).

Orders can be done online or returned (with cash) to the kindy no later than 15<sup>th</sup> February.

## SMALL GROUP TEACHER

Small groups gather each morning around 9am. All children have been placed in a small group with a teacher. This teacher will be your main contact for questions and information on your child.

If you do not know who your child's small group teacher is please see Heather or Jo.

## REMINDERS

### Signing in and out

Please remember to sign your child in when arriving at kindy (sign-in sheet is located at reception) and sign your child out when leaving kindy (sign-out sheet is located in the kindy).

**Children must say goodbye to a staff member when leaving.**

**Please DO NOT let other people's children out of the kindy/Centre. If this happens please let a staff member know. We appreciate your support in ensuring the safety of all children.**

### Absences

If your child has a planned absence you can notify us by writing it in the diary located at reception.

If your child is absent due to illness etc please ring or email on the day to advise us.

### Lunches and snacks

Please remember to place your child's lunch on the trolley in reception and leave snacks in their bag.

### Adult toilets

Please be aware the toilet in reception is for staff only. This is to ensure that educators spend the minimal amount of time possible away from the children. There are two more toilets located along the passage near the rear of the building.

## TOYS

We encourage children to leave their toys at home. Bringing personal toys to kindy can lead to them getting broken or lost – which can be very disappointing for the child involved.

## GARDENER WANTED

We are currently seeking quotes for a gardener to maintain and care for our gardens. If you would like to find out more details or submit a quote please see Heather.

## COMMUNITY INFORMATION

**Term I 2018 Program** Welcome to new and returning community members. The Ardtornish Children's Centre Term I program is now available on Facebook – here are some details.

**Yoga** Shauna from Wave Yoga is offering to provide a Mum's & Bub's Yoga course this and/or next term. If anyone is interested contact [info@waveyoga.com](mailto:info@waveyoga.com) or 0431 909 878. Staff currently attend a yoga class on Wednesdays after work and we are overflowing with requests. If you are interested in joining an adult yoga class, we might be able to help.

**Circle of Security Program** Our work includes providing time for parents to reflect on parenting in a non-judgmental group setting.

The Circle of Security program explores ways to understand children's emotional needs and how we might respond.

The next free, eight week course starts at 6pm on Thursday 22 February. Crèche spaces are limited. Book now.

**Mindfulness** is a technique research suggests can assist all (adults and children) to better cope with the vagaries and stresses of everyday life.

Philip Altmann's next five week evening course for adults starts on Tuesday 13 February at a cost of \$60. At \$20 Phil's, three-week course, just for men, is a bargain. It begins on Wednesday 28 February. Both start at 7pm.

**Making Music** – the next five week program runs from 9:30-10:15am from Monday 12 February. Cost is \$30.



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Coping with **Big Feelings** – for some children starting school, kindy, child care or making sizeable changes in life can be emotionally difficult. If you wonder how to approach the situation with sensitivity and wisdom Donna will address these concerns with new insights and ideas. This is a free session. Crèche - if there is enough interest. 6pm Tuesday 13 February.

Remember, if you have any concerns or questions to do with your younger children we are here to assist. Drop in or give us a call to find out more or book for these or any other sessions.

**Twilight play** offers the chance for your child to show off their Kindy and some of their friends. We have two sessions this term – Messy Play on Tuesday 20 February and a Teddy Bear's Picnic on Thursday 21 March for more details have a look at our notice board or chat with me.

### Information sessions & Workshops – A Survey

We are always interested to hear what we can do for local families with young children. As a guide, the following are areas that often arise.

If any of the following more popular areas are of interest to you and your family, highlight them and RSVP. We will accommodate you as best we can.

If you have any urgent needs give us a call or chat with one of our team.

- Fussy Eaters/diet & nutrition
- Toileting
- Sleep
- Budgeting and finances
- Centrelink and welfare services
- Family and child health
- First Aid
- Protective behaviours – helping children to be safe
- Other \_\_\_\_\_
- Other \_\_\_\_\_

John Buckell  
Community Development Coordinator  
82649828, 0409984495  
or email john.buckell@sa.gov.au

Big and small changes in life such as having a new sibling, separations, starting kindy, school or care, can be stressful and anxious time for young children  
How can parents and carers help children to cope?

## Big Feelings

Dealing with changes and challenges

Tuesday 13 Feb 6-7:30pm  
Call John or Jo on 8264 9828

Join Donna to explore ways to help your child better cope with their emotions in these difficult situations - RSVP today

Donna is an early childhood educator and accredited social worker who will provide insights into how to better understand and to deal with young children's overwhelming emotions

Dads, mums, family & carers, are you interested in better understanding your child and building their confidence? Reflecting on your parenting? Learning new skills?

**Book now for 2018**  
**A free, eight week**

## Circle of Security Workshop

Focusing on children  
birth – 8years

Thursday 22 Feb – 12 April  
6-7:30pm, crèche from 5:30pm  
Light meal provided for all  
Limited Places – call to discuss!



Ardtornish Children's Centre  
2 Saarinen Avenue, St Agnes  
Call 82649828 for enquiries